



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 35140, Bread, kneel down (Navajo)

Report Date: July 16, 2017 12:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	52.96	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Energy	kcal	195	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	816	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein <sup>1</sup>	g	4.29	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Total lipid (fat) <sup>1</sup>	g	2.21	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Ash <sup>1</sup>	g	1.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	39.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Sugars, total <sup>1</sup>	g	3.74	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sucrose <sup>1</sup>	g	2.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.82	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fructose <sup>1</sup>	g	0.70	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lactose <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Maltose <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Galactose <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Starch <sup>1</sup>	g	28.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Iron, Fe <sup>1</sup>	mg	1.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Magnesium, Mg <sup>1</sup>	mg	55	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phosphorus, P <sup>1</sup>	mg	164	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	320	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sodium, Na <a href="#">1</a>	mg	126	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Zinc, Zn <a href="#">1</a>	mg	1.46	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Copper, Cu <a href="#">1</a>	mg	0.095	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Manganese, Mn <a href="#">1</a>	mg	0.303	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Selenium, Se <a href="#">1</a>	µg	11.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.120	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Riboflavin <a href="#">1</a>	mg	0.132	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Niacin <a href="#">1</a>	mg	2.490	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Pantothenic acid <a href="#">1</a>	mg	0.354	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total <sup>1</sup>	µg	98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Folate, food	µg	98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma <sup>1</sup>	mg	1.33	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
<b>Lipids</b>													
Fatty acids, total saturated	g	0.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
10:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
14:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
15:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:0 <a href="#">1</a>	g	0.286	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:0 <a href="#">1</a>	g	0.048	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:0 <a href="#">1</a>	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
22:0 <a href="#">1</a>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	0.603	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated <sup>1</sup>	g	0.595	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:1 <sup>1</sup>	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	0.847	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated <sup>1</sup>	g	0.816	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated <sup>1</sup>	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.031	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:2 n-6 c,c <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD